Warm up with some soup

Udon noodles add heft to chicken-and-shrimp medley PAGE 24

NO REGRETS FOR SINCLAIR

BEHAVIOUR TOWARDS MATCH OFFICIALS LANDED CANADIAN SOCCER CAPTAIN A 4-GAME SUSPENSION PAGE 34

VANCOUVER metro®

Tuesday, October 16, 2012

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Alert was raised over Todd pics

Sexual exploitation. Unknown man tried to blackmail teenager with topless photos

A national child-exploitation group received a tip almost a year ago about Amanda Todd, the 15-year-old who took her own life last week after being sexually exploited by an online stalker and bullied by her peers.

A concerned citizen contacted cybertip.ca last November to report that images of then-12-year-old Todd were being circulated online, said Signey Arnason, director of the tipline for reporting online sexual exploitation of children.

"We did receive one report, and that was passed along to law enforcement as well as child welfare," Arnason said Monday. "It was not a report from her, but it was a report from a concerned citizen."

Todd died last Wednesday, a month after posting a video on YouTube that cited the sexualized attack that set her down a path of anxiety, depression, and drug and alcohol abuse.

During the nine-minute video, the teen explained in handwritten notes that she was in Grade 7 when she was lured by an unidentified male to expose her breasts via webcam.

A year later she said she received a message from a man on Facebook, threatening that if she didn't give him a show, he would send the webcam pictures to her friends and family.

She said police later told her the man followed through with his threat.

"I then got really sick," she wrote in the video, where she also outlines bullying over her relationship with a boy that escalated to an assault that left her lying bloodied in a ditch.

The kind of sexual exploitation described by Todd is part of a seedy cyber-underworld that targets young girls, and it is a vicious crime that should be pursued even after her death, say child advocates.

"Threats are a very common tactic utilized by individuals in their attempts to extort more information off of the kids," said Arnason.

"Being sexually curious is not an abnormal thing as an adolescent. It's quite developmentally normal. The problem is that when you combine it with the online world, then the effects can be devastating."

THE CANADIAN PRESS

MORE COVERAGE, PAGE 3

By the numbers

7%

What experts call "sexualized child modelling" accounts for about seven per cent of reports of youth exploitation.

Young people gather at a memorial honouring teenager Amanda Todd in Maple Ridge on Monday. Todd, who was a victim of bullying, took her own life last Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Police block off an area surrounding a hotel in downtown Vancouver on Monday. A man with a handgun walked into the Fairmont Pacific Rim hotel around 2:30 a.m. The ordeal meant that multiple city blocks were closed-off and that the hotel and nearby offices and residences were evacuated. JONATHAN HAYWARD/THE CANADIAN PRESS

Hotel standoff ends peacefully

Fairmont Pacific Rim. Police deal with male gunman who was eventually arrested and shot by a rubber bullet

MATT KIELTYKA
matt.kieltyka@metronews.ca

A frightening nine-hour standoff at a downtown hotel ended without the loss of any lives Monday.

Vancouver police say a 28-year-old gunman entered the Fairmont Pacific Rim hotel in Vancouver at 2:30 a.m. and holed himself up in a common area until members of the Emergency Response Team arrested him shortly after noon.

The suspect, who is known to have a mental illness, suffered minor injuries during the arrest after being shot with a rubber bullet. He was taken to a hospital for treatment.

Meanwhile, no one else was hurt during the ordeal that closed off multiple city blocks and saw the building's hotel, offices and residences evacuated.

Police say the man could be facing weapons-related charges.

VPD spokesperson Const. Brian Montague said the man didn't threaten anyone with the pistol, but officers were concerned he would harm himself.

Hotel general manager Philip Barnes said staff immediately called police when the man was seen with a gun.

An alarm went through the building, and over the course of the morning guests were removed from the hotel when it was safe and escorted to the nearby Fairmont Waterfront hotel.

"Everyone did the best they could as fast they could," Barnes said.

"Our primary concern is that everyone is safe. There is no security that can possibly stop a person from walking into the building if they so choose. We're a hotel and we're also a public area."

Why this hotel?

Police say the suspect had no obvious link to the hotel.

- "We have no idea why he chose this specific location," said Montague.

Pitt Lake

1 person dead, 1 in hospital after float-plane crash

A rescue officials says one person is dead and another is in hospital following the crash of a float plane east of Vancouver.

Capt. Erik Niemi of the Joint Rescue Co-ordination Centre Victoria says authorities don't know what caused the Cessna 172 to overturn on Pitt Lake, which is located near the community of Pitt Meadows, B.C.

But he says the plane was carrying two people and the accident took place around 4 p.m.

Niemi says one person was able to get out of the aircraft and was taken to hospital by medevac, but the body of the second person had to be removed by search-and-rescue technicians during the early evening. THE CANADIAN PRESS

Sea Bird Island

Jogger hurt in hit-and-run: Cops

Police are looking for the tractor-trailer driver who allegedly put a 42-year-old jogger in hospital Saturday night.

RCMP say the victim was running eastbound in a group of three on Highway 7 near Sea Bird Island, just north of Agassiz, around 6 p.m. when the eastbound tractor-trailer hit him. The driver slowed but then continued east.

The man was taken to hospital with serious but non-life-threatening injuries.

The tractor is described as red or brown and was pulling a white or silver trailer.

Police are asking anyone with information to call Const. Collins of Fraser Valley Traffic Services at 604-702-4039.

KATE WEBB/METRO

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Road fatality. Driver pleads guilty in death of traffic flagger

A B.C. man pleaded guilty at the start of his trial in Abbotsford for the death of a traffic flagger.

Thor Michael Shay admitted to a single count of driving without due care and attention in the death of Don Cain in July 2010.

Cain was controlling traffic at a construction site along the Lougheed Highway in Mission when he was hit by a passing vehicle. The father of two died after being dragged by the vehicle.

A spokeswoman for the flagging association says some members of Cain's family believe the single Criminal Code of Canada driving infraction does not reflect the severity of the incident.

Diane Herback says her association is supporting Cain's family during the legal proceedings.

CKNW/NEWS1130

Commuting. Bike-share plans rolling along

City staff are laying the groundwork to launch a bike-share program by next summer.

On Tuesday, public hearings will be held into proposed changes to bylaws that would allow the program to put advertisements on bikes and for stations to be placed on city-owned and private property.

Jerry Dobrovolny, Vancouver's director of transportation, said the changes would apply only to the bike-share programs.

In the meantime, negotiations are underway with an operator, Alta Bike Share, to bring the system to Vancouver.

No contract has been signed, but the city is working under a Letter of Understanding with Alta.

Alta has contracts for bike-share programs in New York and Chicago, but their scheduled launches this year were pushed back until 2013, owing to a dispute between the companies that supply the software needed for the program, The New York Times said in August.

Dobrovolny said city council is expected to give a final say this year, with the goal of launching the program by the summer of 2013.

MATT KIELTYKA/METRO

A bike-share program similar to this one in Minneapolis will roll out by next summer if city council gives the OK. JIM MONE/THE ASSOCIATED PRESS

New Democrat MP Dany Morin speaks at a news conference on Parliament Hill on Monday about his motion to implement a national bullying-prevention strategy. ADRIAN WYLD/THE CANADIAN PRESS

Amanda Todd's death shows need for national fight against bullying: MP

House of Commons motion. Politicians to discuss what role the federal government can play in prevention

When Dany Morin was being picked on in high school, there was no such thing as Facebook.

The taunting faced by teens these days is far worse that it was 20 years ago, the New Democrat MP said on Monday as his motion calling for a national effort to fight the problem came before the House of Commons.

"Nowadays, with cyberbullying, with social media, it has gotten to a breaking point," said Morin, whose motion comes in the wake of a bullying-related suicide that has horrified Canadians.

Amanda Todd FACEBOOK.COM

The death last week of Vancouver teen Amanda Todd has served to shine a spotlight on the problem and expose the urgent need for a solution, Morin said.

"It is a nationwide problem and it is, unfortunately, only growing with time."

The NDP motion calls for the creation of a House of Commons committee to develop a national bullying-prevention strategy that would examine the prevalence and impact of bullying and look for ways to prevent it. It also urges Ottawa to support organizations that already work with young people, focusing on prevention rather than criminalization.

During Monday's debate in the House, Conservative MP Kellie Leitch said the government supports efforts to prevent or reduce bullying.

But she questioned whether the NDP motion would merely overlap with two other parliamentary committees that are studying the same issue. Where the federal government can play a role is in crime prevention, she said.

Recent federal studies show that one in five children or youth have reported being victimized by bullies.

While Morin's motion winds its way through the Commons, some simple things can be done now to help victims and to prevent further bullying, he said.

He urged young people facing bullying to reach out to parents, friends, anyone they can trust. And he pressed parents to be more in touch with their children.

"Have a talk with your kid," Morin told parents. "Sometimes there are symptoms that indicate that their kid might be bullied."

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Infighting. Tories mail letters of discipline, expulsion to 15 dissidents

The board of the B.C. Conservatives says it has settled internal infighting by expelling several members from the party.

The party says it has mailed out 15 disciplinary letters, including both terminations of members and letters of censure, to those who have made public calls for a leadership review.

The party says in its news release the demand for the review of leader John Cummins is in clear violation of its bylaws.

The board also passed two other motions, one of which creates what it has dubbed a unity committee.

Cummins says the party recognizes there are things that can be done to improve the Tories' internal processes and the committee will look for ways to engage its members.

THE CANADIAN PRESS

Toolbox for transition

Province readies for PST return

The harmonized sales tax goes off the books on April 1, and so the province has mailed information to more than 160,000 businesses to help them make the switch back to the provincial sales tax.

It is also offering one-on-one phone consultations with a ministry tax specialist, along with online webinars and in-person seminars over the coming months. THE CANADIAN PRESS

Prince George

Man dies after being struck by chip truck

A 68-year-old man is dead after being struck by a fully loaded tractor-trailer chip truck in Prince George.

Emergency services were called to the major intersection just after 10 a.m.

They found the man dead from his injuries.

Police are asking any witnesses to come forward.

THE CANADIAN PRESS

Canada's smallest condos in Surrey priced at $109,900

Minimize your space.
Plans for Balance development include 290-square-foot condo

KATE WEBB
kate.webb@metronews.ca

An artist's rendering of Balance in Surrey, which will have 56 suites, 60 per cent of them 305 square feet or smaller.
HANDOUT/TIEN SHER

Who needs space to do living-room cartwheels when you've got a $109,900 mortgage?

A developer plans to build Canada's smallest condo in Surrey, at just 290 square feet, with a micro-sized price tag to match. The mini-abodes belong to Balance, a four-storey, 56-unit development Tien Sher has blueprints to build just a short walk from the Gateway SkyTrain Station on 108th Avenue.

Company president Charan Sethi said he was inspired to build the suites after seeing rental suites the same size and smaller get snapped up in Vancouver's renovated Burns Block building.

"I come from a working-class family. I've done pizza deliveries. I know the jobs, and I know what it feels like when everyone else is getting into real estate when you can't," he said.

The suites will all have nine-foot ceilings, hardwood floors, a balcony, and five stainless-steel appliances, including a washer and dryer.

Sethi said the monthly payment on the cheapest suites will come to about $600, after taxes and maintenance. Sixty per cent of them are 305 square feet or smaller, and the largest is a one-bedroom at 653 square feet.

Pre-sales are expected to begin in January 2013 if the project passes three reviews this fall.

Follow Kate Webb on Twitter @MetroK8

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About 30 people came out to celebrate Occupy Vancouver's anniversary Monday at the front lawns of the Vancouver Art Gallery. PHYLICIA TORREVAILLAS/METRO

Small crowd for Occupy one-year anniversary

Where'd they go?
Only about 30 people come to celebrate, way down from occupation's 5,000-strong crowds

PHYLICIA TORREVILLAS
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Even though Occupy Vancouver's anniversary Monday only drew around 30 people, Tavis Dodds said he came because there was still plenty to celebrate.

The 36-year-old was one of the demonstrators who camped out at the tent city during the group's occupation of the front lawns of the Vancouver Art Gallery.

Dodds said that he saw the good and the bad during his Occupy experience.

"Every night somebody came by and yelled, 'Get a job.' Police infiltrated us and there was a lot of tension," he said.

Quote

"I think we sort of became insular as a movement."

Ben Levy, Occupy Vancouver organizer
He says the group could have reached out to more people

"They were aggressive and they were having issues, but I've watched a good eight or 10 of them really closely in the last year and I can't believe they're the same people. They've just been able to access a network and a community," Dodds added.

At its peak, more than 5,000 so-called 99 per centers took part in the five-week occupation.

Ben Levy, who helped facilitate the group's general assemblies, says there were issues.

"I don't think we did enough reaching out to people on the streets," he said.

Miracle

Little girl survives Malahat crash

A little girl is doing well — and first responders say it's a miracle that she was only slightly hurt in a terrible crash that claimed three lives and injured four others.

The child was in a Honda that slid out of control on the Malahat Highway north of Victoria late Sunday morning and skidded into the path of an oncoming truck.

The car was torn in half, killing three young women and critically injuring another person, as well as all three people in the oncoming truck. THE CANADIAN PRESS

Bronze ambitions. Tanning ban now in effect for minors in B.C.

Teens craving sun-kissed skin have one less option now that a tanning ban has come into effect.

Effective Oct. 15, tanning salons must post signs informing the public they won't serve anyone under the age of 18 and if they do they could face a $345 fine for each offence.

The provincial government made changes under the Public Health Act last March aimed at reducing the chances people will develop skin cancer later in life.

The only exception to the ban is for youth who have a medical prescription that requires ultraviolet-light treatment, such as for the condition psoriasis.

The B.C. Cancer Agency estimates that 966 British Columbians will have been diagnosed with the skin cancer melanoma by the end of 2012, while 150 people will die from the disease.

The World Health Organization says indoor tanning before the age of 35 boosts the risks of developing melanoma by 75 per cent.

THE CANADIAN PRESS

Labour

Tentative deals for university workers

Two tentative agreements have been reached for University of Victoria and UBC support staff, the B.C. government announced Monday.

The UBC agreement covers 1,700 clerical, secretarial, library, and Chan Centre for the Performing Arts staff at the Vancouver campus. The final two years in a four-year deal will see a modest wage increase.

The two-year UVic deal, which covers about 950 non-faculty administrative and academic professionals also offers modest wage increases.

YUI SAKIKAWA/FOR METRO

Charges. Court martial gets underway in wake of alleged sexual abuse

A court martial began on Monday at CFB Esquimalt, west of Victoria, for a cadet instructor who faces several charges.

Capt. Daniel Moriarity is accused of sexual exploitation, sexual interference and sexual assault.

The charges involve two cadets, a 16-year-old girl and a boy who was 15 when the alleged assaults began.

Investigators say the attacks allegedly occurred from 2008 to 2011 at the Vernon army camp in the North Okanagan and at the Lt. Gen. Ashton Armoury in Victoria.

Moriarity was the deputy commanding officer of the Victoria Signals Army Cadet Corps 3005 before he was arrested.

He is also facing a military charge of behaving in a disgraceful manner.

THE CANADIAN PRESS

Online

For more local news visit metronews.ca

The scene at last year's We Day event, where more than 18,000 young people packed Rogers Arena to listen to empowering messages from speakers like former Soviet Union leader Mikhail Gorbachev, social activist and actress Mia Farrow and NBA all-star Shaquille O'Neal. CHELSEA ALTICE/METRO FILE

'Our hope is that they leave with a spark'

Rogers Arena. We Day returning to deliver message of change to city students

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

A Nobel Peace Prize laureate, a basketball Hall of Famer who has been living with HIV for two decades and an X-Factor judge are set to fire up thousands of local students and show them that it's cool to care.

When We Day takes over Rogers Arena on Thursday, a star-studded lineup of social activists, change-makers and celebrities will call on more than 18,000 youth in attendance to make a difference in their communities and the world.

"Our hope is that they leave with a spark, that an issue has touched them personally and they perhaps come a little bit closer to finding that issue they're really passionate about," said James Lombardi, director of We Day.

We Day, an event put on by international charity Free the Children — co-founded by brothers Craig and Marc Kielburger — will feature former NBA superstar Magic Johnson, singer-songwriter Demi Lovato, Grammy-nominated pop-rock band OneRepublic and Nobel Prize-winner Archbishop Desmond Tutu.

"When this began, it was really a pipe dream," Lombardi said on Monday. "We wanted to show kids that caring was cool ... and they can expect energy like no other on Thursday. When you walk into a We Day, the stadium is literally vibrating with energy."

In the past school year alone, he added, schools across the country involved in We Day raised $3.5 million to support international causes and $2.5 million for local initiatives and organizations.

Free the Children's newest campaign, We Create Change — one of Canada's largest penny drives — will also take centre stage. The goal is to provide a permanent source of clean water for 100,000 people in the group's Adopt a Village communities overseas.

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

THE ASSOCIATED PRESS

Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the attack.

THE ASSOCIATED PRESS

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Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings into the Jan. 13 shipwreck that left 32 people dead are taking place.
GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

THE ASSOCIATED PRESS

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

Tussle over disclosure of documents at inquest

Ashley Smith. Lawyer alleges 'state cover up' at probe into teen's prison cell death

Federal correctional authorities are trying to stop public disclosure of videos and documents during a fight over the scope of an Ontario inquest into the prison death of a deeply troubled teen five years ago.

The motion to seal the materials — which a lawyer for the family of Ashley Smith called a "pure and simple state cover up" — threatens to further delay the already long-delayed probe.

"This is a classic example of the method of doing business by Correctional Service of Canada," Julian Falconer, the Smith family lawyer, said Monday.

"Their first instinct is to seal up and hide from public view."

Smith, 19, choked to death Oct. 19, 2007, in the Grand Valley Institution in Kitchener after repeated bouts of self-harm. She had spent much of her final year in solitary confinement being shunted from one prison to another.

THE CANADIAN PRESS

Second inquest

The inquest under Dr. John Carlisle, slated to begin early in the new year, is actually the second one into Smith's death.

- **First inquest.** The first was aborted last year when the presiding coroner, Dr. Benita Porter, announced her retirement after months of acrimony and bruising legal battles.
- **Jurisdiction.** In its new motion, Correctional Service argues for sealing the video and other materials, which have been filed as part of a battle over Carlisle's ability to have doctors from outside Ontario testify at the inquest.

Public safety

Long-delayed gun-marking rules coming soon

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them.

The Public Safety department says that, effective Dec. 1, long-delayed rules on gun markings will come into force. The rationale for the move, says a government backgrounder, is "to contribute to public safety, by facilitating law enforcement investigations when the markings can be linked to information on the last legal owner of the firearm."

But unlike the original 2004 regulations that have been postponed three times by the Harper government, the rules taking effect this year will not be enforced on gun makers.

THE CANADIAN PRESS

Perjury

Air India bomber asks court to review conviction

Inderjit Singh Reyat is asking the Supreme Court of Canada to overturn a perjury conviction for his testimony at the Air India bombing trial, further prolonging a saga that began with the deaths of 329 people in the skies over the Atlantic Ocean nearly three decades ago.

Reyat, who himself pleaded guilty to manslaughter for his role in the bombing, was convicted of perjury in September 2010 and later sentenced to nine years in prison — believed to be the longest perjury sentence in Canadian history. He was accused of lying 19 times during the 2003 trial of Ripudaman Singh Malik and Ajaib Singh Bagri, who were acquitted of mass murder and conspiracy in the bombing of Air India Flight 182 on June 23, 1985.

THE CANADIAN PRESS

Not as advertised. Report calls for a new, better flu vaccine

A new report says flu vaccine is not as effective as public health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

A nurse injects a patient with a H1N1 vaccine during a flu shot program in Calgary in 2009. THE CANADIAN PRESS

The report of the CIDRAP Comprehensive Influenza Vaccine Initiative was written by public health experts at the Center for Infectious Diseases Research and Policy at the University of Minnesota.

The authors strongly advocate for major investments to develop new flu vaccines but say in the meantime, people should continue to use the currently available shots.

It questions many of the dogmas that are accepted about flu vaccine, including that vaccinating children will protect the elderly, who don't mount a good immune response to flu vaccine.

As well, it says there is no evidence to support the idea that the flu vaccine is more effective in years when the strains included in the shot are a good match for those circulating in nature.

THE CANADIAN PRESS

Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. THE CANADIAN PRESS

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.
THE CANADIAN PRESS

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.
THE CANADIAN PRESS

Arrests made during Occupy anniversary

'Disturbing the peace.'
Demonstrators marching in downtown Montreal dispersed by riot-equipped police

Montreal police arrest a woman at a small demonstration that was held Monday to mark the first anniversary of the Occupy Montreal movement. PETER RAY/THE CANADIAN PRESS

Police made three arrests at a small demonstration Monday to mark the first anniversary of the Occupy Montreal movement.

About 50 demonstrators gathered in the downtown square across from the Montreal stock-exchange building where protesters set up their local camp a year ago. After occupying the square for about a month last fall, they were forcibly removed by police in November.

One year later, people were back to make brief speeches and several dozen then marched through downtown streets, chanting along the way.

The protesters, many of them wearing black, and with their faces covered, disrupted traffic.

At one point, they tried to enter the downtown offices of Quebec's Caisse de depot pension-fund manager, but the doors were locked. They also entered the offices of engineering firm SNC-Lavalin but were chased out of the building.

A few minutes later, riot-equipped police rushed the small crowd as it made its way along Ste-Catherine Street, one of the city's main downtown arteries. That's when the arrests were made.

A Montreal police spokesman says three people were charged under a municipal by-law with disturbing the peace, but were later released.
THE CANADIAN PRESS

Reoccupied

50

About 50 demonstrators gathered in Montreal for the first anniversary of the Occupy Montreal movement.

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Next U.S. presidential debate: Dos and don'ts for Obama and Romney

Tuesday's face-off. Debate professor Melissa Wade offers some tie-breaking advice to the president and the presidential hopeful

ANTHONY JOHNSTON
Metro World News

The second U.S. presidential debate is on Tuesday night at Hofstra University in New York state. Can President Barack Obama return to form, or will Mitt Romney keep the momentum?

We spoke to Melissa Wade, debate professor at Emory University in Atlanta, on what the two candidates need to do if they want to come out on top.

Do: "Smile and say 'I killed Osama'"

To do better than last time, all Obama needs to do is smile. "Obama was too passive but I believed he was coached in that way, so as not to appear condescending. Obama will need to be assertive without being too aggressive," Wade said.

For Obama to score highly, he needs to lay down a clear strategy — boosting the manufacturing industry, for example — "and it wouldn't hurt if he said, 'I killed Osama!'"

Don't: "Fumble, stumble, or act too humble"

Obama has recently been trying to portray himself as a humble guy with a dose of self-deprecation, calling himself an imperfect man. But Wade reckons this strategy makes no sense: "That's a stunning lack of judgment on his part to say such a thing."

Also key for Obama is simply looking straight at the camera: "He spent too much time in the first debate staring down at his notes — it looked as if he was asleep or disengaged."

Do: "Open up, warm up, make it personal"

"Now Romney has a real opportunity to change his distant persona," Wade said. "He has been reluctant in the past to talk about his personal life, but if he goes on the offensive, opens up and shares his life experiences with the audience, he will do well."

Don't: "Talk too tough, act too conservative"

Foreign policy will be on the first agenda, and Romney can't be seen as too conservative. "Romney has to show he won't do anything dangerous in foreign policy as president," Wade said. "Romney is also known to misspeak, especially on foreign policy. His comments on the American embassy attacks on Libya, using the attack as political fodder against Obama, was seen as inappropriate and still makes people nervous."

GETTY IMAGES

Cheesy stunt

Pizza Hut amends its own debate strategy

Pizza Hut is rethinking its contest daring people to ask "Sausage or pepperoni?" at Tuesday's U.S. presidential debate.

After the stunt led to criticism last week, the restaurant chain says it's moving the promotion online, where a contestant will be randomly selected to win free pizza for life.

Pizza Hut had offered the prize — a pie a week for 30 years, or a check for $15,600 — to anyone who posed the question to either President Barack Obama or candidate Mitt Romney during the live debate.

But blogs and media outlets immediately criticized the chain for trying to capitalize on the election.

The blog Gawker wrote about the stunt under the headline, "Want Free Pizza Hut Pizza for Life? Just Make a Mockery of the American Democratic System on Live TV."

Pizza Hut says it will still honour the prize if someone poses the question live at the debate.

THE ASSOCIATED PRESS

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What crisis? Global luxury sector sees third straight year of strong growth

Chinese shoppers at home and abroad are pushing global sales of luxury items to new heights, helping the sector post its third straight year of strong growth since the global recession.

A new study by Bain & Company released Monday forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros ($274 billion US) from 192 billion euros in 2011.

That would be the third straight year of double-digit growth following two years of contraction in 2008 and 2009 when many countries around the world slid into a deep recession following a banking crisis.

Claudia D'Arpizio, a Bain partner and lead author of the study for Italy's luxury trade association Fondazione Altagamma, called concerns about market weakness "overblown."

While the global economic crisis that began in 2008 has shown few signs of abating in pockets, particularly in Europe, the luxury sector overall has been in recovery since 2010, when high-end consumers resumed their easy spending habits. THE ASSOCIATED PRESS

By the numbers

10%

A new study forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros ($274 billion US).

Market Minute

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Natural gas: $3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

Streaming. Windows 8 tablets can access songs via Xbox Music service

Buyers of tablets that run Microsoft's newest operating system, Windows 8, are in for a pleasant musical surprise: They'll be able to handpick from a selection of millions of songs and stream them for free as long as they put up with an audio ad every 15 minutes.

The new feature, called Xbox Music, is not on offer anywhere else at the moment.

Sweden's Spotify, for instance, allows track selection and playback on personal computers for free — with the occasional audio ad — but doesn't allow you to pick exactly the song you want on tablets unless you pay $10 US a month.

Although this is a step forward for the music industry, its appeal is limited by the expense of most mobile data plans. Most cost more the more data you use, which can make streaming music on cellular networks fairly expensive. THE ASSOCIATED PRESS

Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. nonprofit, organized the protest to call attention to Walmart's pork suppliers, which they say confine pregnant pigs to small crates. CORY MORSE/THE ASSOCIATED PRESS

Family finances in worse shape than expected

Revised StatsCan data. But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances.

The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics.

"Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising $7,900 to $190,200 due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS

A revised Statistics Canada calculation puts household credit market debt at 163 per cent of disposable income. RYAN REMIORZ/THE CANADIAN PRESS

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

With an election campaign happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer-modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here, but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty-pageant candidates, yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

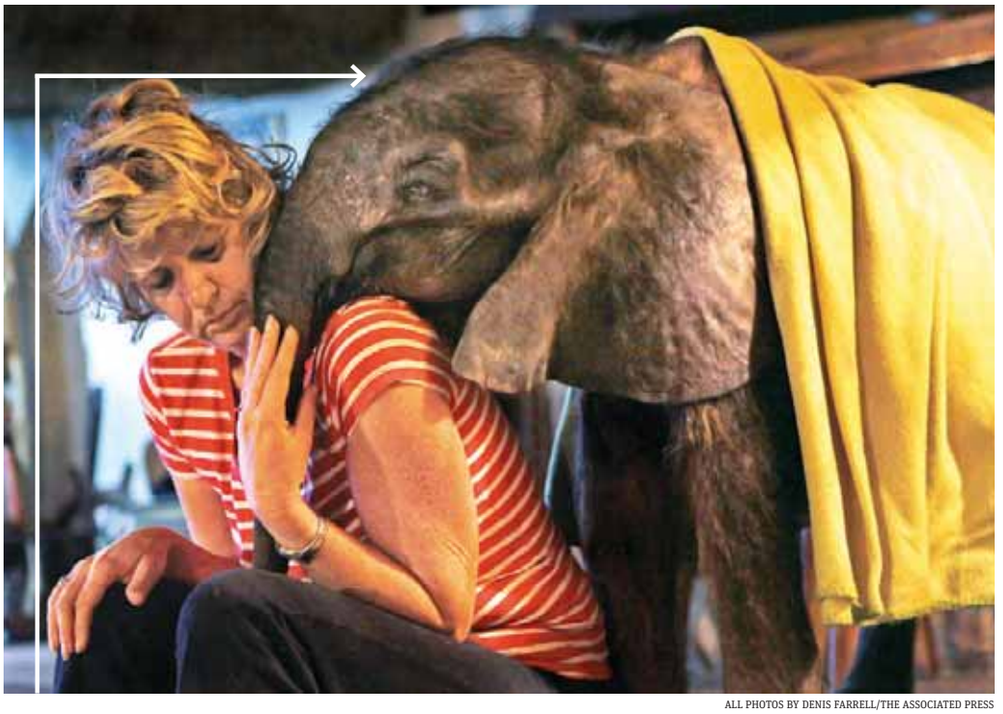
No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

So, since the body politic has strayed entirely out of the realm of reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays

Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



ALL PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show

Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera and adoptive "mom" Jenny Webb at their Malawi home on Oct. 8.

Trunk feeder

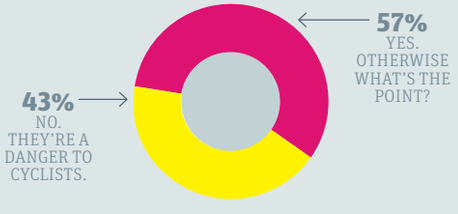
2

Number of feedings Moses receives every hour. Below, the orphaned calf devours a formula bottle.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should e-bikes be allowed in bike lanes?



Twitter

@ice_chip: Canes would have been in Vancouver today to face the Canucks. Instead, here we sit.

@SuzanneAnton: Running for the BC Liberal Vancouver-Quilchena nomination #bcpoli #bclib #vanpoli http://conta.cc/OCjzL6

@peterharveyfilm: Had a great week off in Victoria and Vancouver. Now back to Toronto to wrap up the film, then need to find somewhere to disappear to #write!

@ryeryeBEAR: we rick rolled the vancouver fire department goooooood

@bradfordlit: Fascinating. Now a bunch of Vancouver folks are telling me the umbrella is a must. It's like there are umbrella & no umbrella factions.

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DVD reviews

Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

●●●●○

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. Moonrise Kingdom transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

Mamie Gummer confesses that interviews aren't her favourite thing. THE ASSOCIATED PRESS

The doctor is in and ready for the spotlight

Mamie Gummer. Star of new TV series is best known as the daughter of Meryl Streep, but she's got plenty of acting cred

On Emily Owens, M.D., Mamie Gummer plays a med school graduate just starting out as an intern.

No longer will Emily be the nerdy schoolgirl plagued by nervous perspiration, exclusion from the cool crowd and awkwardness with boys! She has reached a long-awaited turning point: adulthood. At least, that's what she tells herself.

Except her new life as a doctor feels uncomfortably like her former life. Denver Memorial Hospital feels eerily like high school, with its cliques and gossip and a fellow intern, who, gorgeous and popular, was Emily's nemesis back in high school.

With a little luck, the audience will love Emily Owens, and make a hit out of the show (premiering Tuesday at 9 p.m. EDT on the CW network). And in the process, turn Mamie Gummer into a star.

Maybe then she'll be recognized for her own sizable talents rather than, primarily, as the actress-daughter of Meryl Streep.

The family resemblance is easy to see. But Gummer comes across as more ethereal, more vulnerable than her celebrated mom. Warm and friendly during a recent interview, she is also plainly ill-at-ease at being interviewed.

Gummer makes no bones about it: Interviews aren't her favourite thing.

"I feel like I'm a secondary artist, a kind of a conduit for the writer, and if it's a good writer then I have a great road map. If the material's not as good, or if I'm writing the material — which is what I'm doing right now, talking to you — then I get a little nervous."

THE ASSOCIATED PRESS

No novice

- **On Broadway.** The second of four children of Streep and sculptor, Mamie Gummer, 29, she has accumulated solid acting credits. She made her off-Broadway premiere in Mr. Marmalade, a dark comedy in which she co-starred with Michael C. Hall. She arrived on Broadway in a revival of Les liaisons dangereuses.

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Tig Notaro reflects on the stand-up set that changed her life and career

'I have cancer.'
Comedian who opened now legendary performance with blunt confession feels more reflective now

Tig Notaro's performance from August became famous almost immediately and is now available as a live album. KATE LACEY/THE ASSOCIATED PRESS

A frightfully nervous Tig Notaro stood just offstage at the Los Angeles club Largo while Ed Helms introduced her.

The audience of 300 and Notaro's fellow performers that August night had no idea what she was about to do. They had no idea she was going to address the trauma and pain that had been the last few months of her life, or relay the bad news she had received just days earlier. They had no idea she was about to perform the bravest set they had ever seen.

"Good evening! Hello. I have cancer. How are you?"

With those words — said cavalierly in the normal stand-up greeting manner — Notaro launched into a 30-minute performance that immediately became legendary in comedy circles and that's now available as an unlikely live album via a $5 digital release by comedian Louis C.K. In just a week, it's sold more than 60,000 copies.

The 41-year-old Notaro, a stand-up veteran of 15 years, was in the midst of a string of misfortunes: She had been hospitalized and debilitated by clostridium difficile, her mother had died in a tragic accident, she went through a break-up, and, days earlier, she had learned she had breast cancer.

"It's weird because with humour, the equation is tragedy plus time equal comedy," Notaro told a stunned crowd. "I am just at tragedy right now."

But Notaro's performance wasn't a weepy lament. It was matter-of-fact storytelling, filled with heartbreakingly funny observations. It was taking comedy straight into darkness and grief, in the rawest catharsis.

"It felt amazing," Notaro said in a recent interview, days after moving from Los Angeles to New York. "When I was on stage I felt, 'Wow, I think something really special is happening.'"

The audience — at turns confused, amazed, gasping, saddened, hysterical — cheered her on, some through tears. Among those there that night was Louis C.K., who insisted Notaro release the largely unrehearsed show as a comedy album. He put it out on his website, calling it "one of the greatest stand-up performances I ever saw."

"Here was this small woman standing alone against death and simply reporting where her mind had been and what had happened and employing her gorgeously acute stand-up voice to her own death," C.K. wrote on his website. "She proved that everything is funny. And has to be."

It took Notaro more than a month to convince herself to release it (mostly because it was so raw and off-the-cuff, like an open-mic performance), but she was eventually swayed by thinking it could help someone. (Part of the proceeds will go to charity.) She dubbed it the typical-seeming title Live, but it's meant to be pronounced as in "to live."

Notaro was performing that night partly to work out material she had written on her ordeal, having been urged by This American Life host Ira Glass, who would later feature her story on the radio program. Just 90 minutes before going on stage, she had thought she would begin by sitting down and laying everything out for the audience. Instead, while showering, she decided such an apologetic opening was "lame" and was seized by maniacal laughter at the thought of beginning as she did: "This is how I'm going to deal with having cancer," she told herself. She paused, worried that she might offend anyone with cancer, before realizing: "Wait, I have cancer."

"I just really needed to talk about it," says Notaro, explaining her mindset at the time. "What if my life is slipping away right now? What if this is the last time I can get on stage? ... I certainly never thought that was going to be my second album."

Notaro is now back from the brink. She had a double mastectomy and doctors believe the cancer has been removed with recurrence unlikely. She finds herself a sensation, and has signed a book deal with Ecco Press. Her first album, Good One, is among the bestsellers on iTunes. "I've never gone viral before," she says.

"I didn't expect any of it — the good or the bad — and to the degrees that things have happened!" says Notaro, who's just begun a previously hired job writing for a Comedy Central show starring the comedian Amy Schumer. "I cannot wait, and I'm so curious, for the time that I have a boring day with nothing going on. I have not had a boring day in seven months."

It's an unlikely high-point for Notaro who has for years been a respected and popular stand-up. She grew up in Mississippi before moving with her mom to Houston. Notaro, whose real name is Mathilde, was nicknamed "Tig" by an older brother. Long a fan of Richard Pryor, Steve Martin and Paula Poundstone, she first began performing when she arrived in Los Angeles about 15 years ago. Performing at Largo in August — "a live-wire of nerves," she said — reminded her of that first time.

Her stand-up, while personal, hasn't typically been confessional or dark. Among her most famous routines is a never-ending bit about repeatedly running into '80s pop star Taylor Dayne. Performing on Conan, she also stretched absurdity, spending the majority of her set pushing a stool around the stage.

But now, Notaro realizes a shift has occurred in her comedy and that she can't return to her old material. Live ends with her telling one of her jokes — one about a bee on a highway in Los Angeles — but she's telling it ironically. After talking about cancer and death, the joke is funny for being so foolish by comparison.

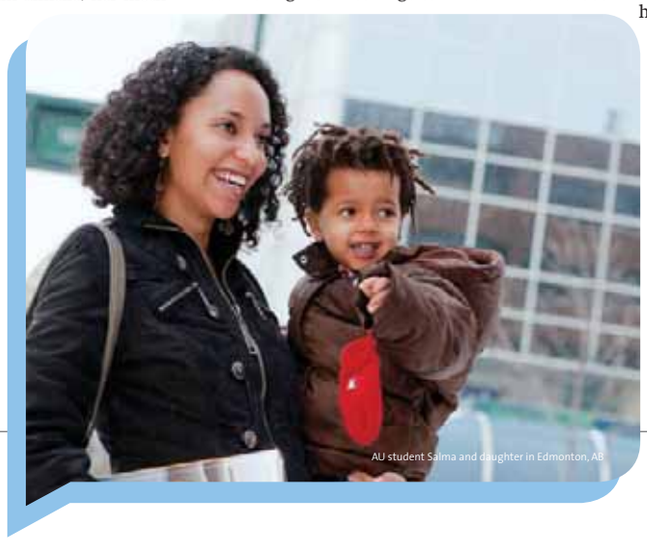
"I cannot imagine — and maybe it's just a matter of time — doing that kind of material right now," says Notaro, who hasn't yet performed since. "I feel a little more reflective and searching. My comedy is beyond me right now.

THE ASSOCIATED PRESS

New beginning

'I feel like I've just been born'

Since Tig Notaro's confessional performance in August, she's experienced some big changes in her comedy and career. "I have no idea what's coming," she says. "It makes me feel like I'm just starting in stand-up. I feel like I've just been born, but I feel like I've been born with every tool I need in life. If you had a baby and it was born with all the experience it needed. That's how I feel."



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@chriscolfer
Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.

@JulietteLewis
Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides

@BetteMidler
Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war."

That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy

THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple by being seen by snoops at the Mohegan Sun Casino, I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA McGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.

The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

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New technology is allowing for same-day diagnosis. ISTOCK PHOTOS

One cell at a time

Health technology.
Tiny probes now capable of identifying serious illness on a microscopic level

BEN KNIGHT
life@metronews.ca

Cancer is an enormous problem — one that begins at the microscopic level. If one cell in a hundred-trillion becomes cancerous, that could herald the onset of a catastrophic illness.

Pretty much anything is treatable at that level, but traditional diagnostic medicine simply can't get there that fast.

But a stunning new technology has created tiny probes, actually capable of finding and identifying illness — one cell at a time.

"These probes allow you to look at the cells inside the G.I. tract — the colon, stomach, esophagus, the bile ducts and pancreatic ducts," says Dr. Michel Kahaleh, professor of clinical medicine at Weill Cornell Medical College.

"You finally get the one-stop shop. You come, you get a diagnosis, and you're treated the same day. A patient will be more relieved to know that they don't have cancer — or that it can be treated faster if they do."

The probes use an innovative technology called confocal laser endomicroscopy.

While not actually microscopic themselves, they can be threaded through tiny bodily structures, and have the imaging power to isolate — and explore — single human cells.

"To be able to see those cells, you inject fluorescein," Kahaleh explains. "Normal cells remain clear. Abnormal cells can barely take it, and become very dark. Dark is bad."

Effectively, the probes perform the equivalent of a biopsy, but no samples of flesh have to be torn from the body. This means affected cells can be examined in context, giving a vastly clearer picture of what's actually happening at the cellular level.

"I've had patients who went to surgery earlier because of this technology. I've also had patients where we prevented surgery that was not necessary."

Many current cancer tests can produce false positives causing all kinds of anxiety.

These create enormous stress, wasting precious time and resources treating patients who are perfectly healthy.

This new technology has the potential to sharply reduce errant results.

"In the future, if this is fully validated, it will replace biopsy," Kahaleh concludes. "It can provide an immediate ability to get a diagnosis."

By the numbers

100

There are an estimated 100 trillion cells in the human body.

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Harold Morioka at 69 –
a sprinting legend on the comeback trail

Story by Christine Blanchette

Harold Morioka always had a passion for running but only at 29 did he decide to race the 100 meters at a 1972 Simon Fraser University track meet. No big deal, you say? Well, he went on to finish second in 11.0 at the Burnaby Mountain campus, despite no coaching. Then he began training and by age 30 became B.C. champion in both the 100m and 200m.

That's where it began for a man that would overcome adversity of all kinds, beating the odds to set multiple world records to go with at least 100 Canadian age group sprint records.

Morioka is the only athlete to break world records for all distances from 60m to 800m. Deciding at age 50 to focus primarily on the 400m, he still holds every Canadian age group record at 400m from 45 to 60. Still, one of his most impressive achievements was setting a world 45-49 record in the 100m at the Canadian Masters Championships in Toronto, his time of 11.11 representing, "I think the best race I've ever done," Morioka said recently from the Richmond, B.C. offices of his sponsor, Westcoast Naturals. Resplendent in his athletic gear, he was fit and friendly, looking much younger than his years.

Born February 2, 1943 at a Japanese internment camp in the B.C. Interior, Morioka lived there until age six before moving to a farm in Surrey where they would share the work to make ends meet, leaving no time for activities. When asked if hard work on the farm had become a cornerstone to build on, he said, "Yes, definitely it was, and I didn't have time to do anything else."

Morioka has endured five knee surgeries since turning 54, while also surviving a genetic heart condition which led to open heart surgery in 2009.

Athletes like Morioka come along about as frequently as 200-point hockey players. He even raced Canadian Olympian, Charmaine Crooks at 400m when she was in her prime and though she beat him, he ran his age, which means he was nipping at her heels in 51 seconds as a 51-year-old. There are too many spectacular times and races to list them all here. Like Wayne Gretzky used to do so often, it should surprise no one if Harold Morioka continues to set records. That's just what he does.

Harold Morioka will be competing in the World Championships in Brazil in 2013 at the age of 70.

I'VE HAD 5 KNEE OPERATIONS **WHILST COMPETING,** I WON **5 GOLD MEDALS IN WORLD CHAMPIONSHIPS**, AND BROKE WORLD RECORDS **13 TIMES. AT 46** I WAS CHOSEN AS **BC'S OVERALL ATHLETE OF THE YEAR.**

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Visit Westcoast Naturals and meet Harold Morioka at the **Womens Show** in Abbotsford at Booth 764 Oct 19 - 21st

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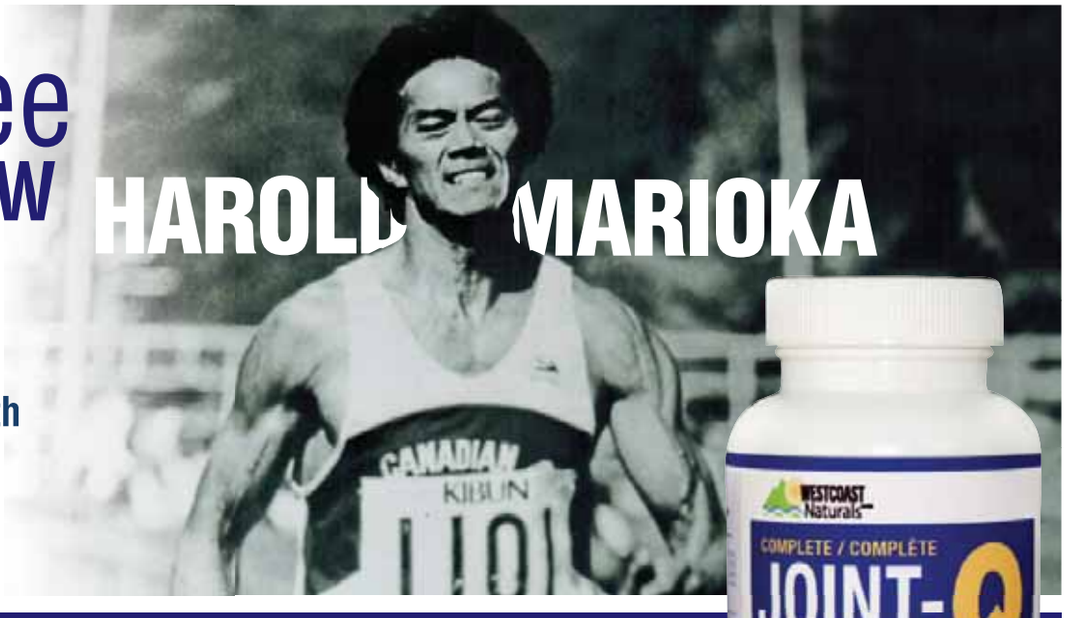

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westcoastnaturals.com

WHICH WORKS BEST FOR YOU?

JUPITERIMAGES/POLKA DOT/THINKSTOCK

There's a reason rewards programs are so popular. In return for signing up for a free rewards account with a company, a consumer can gather points, take advantage of deals and garner rewards — sometimes major ones.

Unfortunately, the popularity of rewards programs means it can be confusing to evaluate the choices. How do you know which ones will work best for you?

According to Patrick Sojka, founder of the Rewards Canada, a website specializing in travel rewards programs for Canadians, consumers need to look at their spending habits, travel plans and reward goals when choosing a reward program.

Here's what to consider:

TIME SPAN

How you earn your points should depend on when you are going to want to spend them.

If you are planning a home renovation in two years, consider which credit card and loyalty program would be best for providing for your renovation needs. "Do you want to buy everything at Rona to earn Air Miles® and have an Air Miles® credit card to double dip?" Sojka says. "The same goes for the reward side."

CONSIDER YOUR PRICE RANGE

For less expensive vacations, Sojka suggests thinking about getting a travel points credit card that offers the flexibility of booking any airline or hotel with partial redemptions. On the other hand, if you are looking to go all out, flying first class or getting that over-the-water bungalow in Bora Bora, then an airline frequent flyer and/or hotel frequent guest program might be more your style, he says.

GET TO KNOW YOUR PROGRAM

You might be surprised at some of the benefits your reward program offers, says Andy Wright, president of the Air Miles® Reward Program. Air Miles® offers reward miles for online shopping at many Canadian and American retailers including Bloomingdale's Anthropologie and Indigo. (Visit airmilesshops.ca for details.)

"LIKE" YOUR REWARDS PROGRAM

Sometimes the best way to stay in the loop about points earning opportunities is to "Like" the Facebook page of your rewards program, Wright says. The Air Miles® Facebook page is regularly updated to provide news on current promotions and offers to help collectors earn faster.

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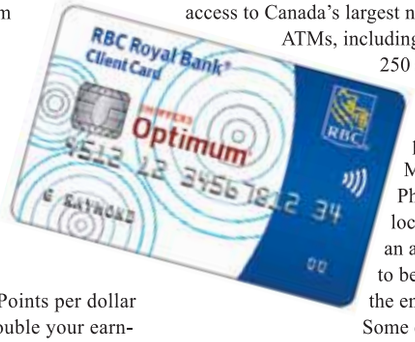

You'll also earn a Shoppers Optimum Point for every dollar spent outside of Shoppers Drug Mart. And just for opening your RBC Shoppers Optimum Banking Account and completing some criteria, you'll earn a bonus of 50,000 Shoppers Optimum Points. That's enough to redeem $85 worth of products at any Shoppers Drug Mart store.

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This recipes serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Comfort of chicken noodle with Asian twist

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rosereisman.com

This soup is an all-time favourite — it's not only delicious, but also quick to make. The noodles are dense and chewy — yum!

1. Spray non-stick wok with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring stock and soy sauce to a boil in aucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 4 oz skinless boneless chicken breast, diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley

Health Solutions

The Seedy Truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day. It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?). Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed. Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- **Sunflower seeds: 91 mg**
- **Sesame seeds: 97 mg**
- **Flax seeds: 110 mg**
- **Chia seeds: 118 mg**
- **Pumpkin seeds (green): 150 mg**

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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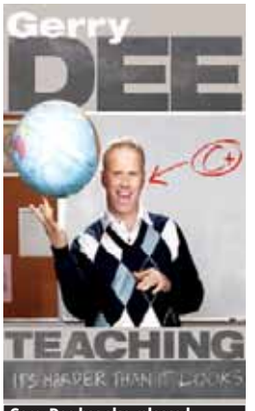
Dee real truth about teaching: Funnyman and one-time teacher tells it like it is

Excerpt from new book. Former educator turned funnyman relives his days in front of the blackboard with humourous results



Gerry Dee has also released a book about his experiences in the classroom. HANDOUT

As young bright-eyed students we think of our teachers as all-knowing magicians who don't exist outside the realm of our classroom walls. But as we age we come to realize that our educators, much like celebrities, are just like us.

In his soon-to-be-released book, comedy all-star and former teacher Gerry Dee relives the proud, the painful and the totally hilarious moments of life in front of the chalkboard.

Check out this excerpt from Teaching: It's Harder Than It Looks, where Dee recounts the repercussions of a rough night out ....

"I made the big mistake of assigning a presentation on a day when I was hungover. Bad idea. The kids clap after every presentation. When you're hungover, that sound feels like someone's mowing your brain.

Presentation Day is the biggest day in the life of a Grade 5 student. They get so excited about their presentations, especially the girls. As soon as I said the word "presentation," the girls weren't listening anymore.

They were just waiting for the word "partners." And when I said the word "partners," they signalled across the class to their best girlfriends. The result was always the same. Some girl signalled to her friend, and then had to announce it out loud: "Yes! We're partners. We're going to do our presentation together because we're partners."

"But can't I be your partner?" another girl would say. "Sorry, Julie. I already signalled to Jennifer." Then the girl who was left out would ask, "Sir, can we have groups of three?" "Sure, go ahead. You can have groups of eight, for all I care." I wasn't planning on listening to the presentations, so what did it matter?

"Yay!" More clapping. Shoot me.

I hated partners because there was always some kid who'd never get picked. So I had to partner with him, which I was not in the mood to do. He might smell the booze on me and I would have had to do all the work. That's when I'd throw him with two girls I didn't like just to piss them off. "Julie and Samantha, Robert is going to join you two for your presentation on the giraffe." Ruined their life.

As I would listen to these presentations on the giraffe or the platypus or the hamster, it always amazed me, first, how bad they were and, second, that the kids actually thought I was listening. They were so unorganized and boring. They would ask to start over every two minutes. They would argue about who was supposed to say what. I would close my eyes and try to focus on getting rid of my headache. I'd already decided from the beginning that everybody was getting seven out of 10. Because there was no way I was actually going to listen to the presentations and mark them. I was hungover. I could barely breathe. But these kids never got it, and they'd put their hearts and souls into their presentations.

Before the group of girls presented, they'd always have a little huddle conference, and I could hear them saying, "This is the biggest presentation of the year. It might be the biggest presentation of our lives. We need to do this right. We need to get extra marks. Right. Go team!"

They always had to get extra marks. They'd do anything to get extra marks. They'd bring in a giraffe if that meant they'd get extra marks. "Suzie, it's time. Bring in the giraffe. Class, this is our giraffe. We brought him from Africa especially for our presentation. Giraffe, stop! Stay still!"

"That's great, girls. You brought in a live giraffe. Excellent idea. That is worth a bonus mark." What I wanted to say was, "Are you kidding me? You went to Africa for a Grade 5 presentation that I am not even listening to? Get the giraffe out of here!" Inevitably, the girls' groups would break down halfway through the presentation and they'd all start to argue.

"Today we are going to talk about the giraffe. The giraffe is an animal that—"

"Hey, I was supposed to say that!" "No, you weren't." "Yes, I was. That's what we agreed!" "Sir, can we start from the beginning?" "No. No way. That was great. Seven out of ten. Sit down."

Next up, John is doing the platypus." ELIZABETH BEDDALL MWN

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Dinner parties

Is it really rude to bring one's own food?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital.

How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Think before you bring food. ISTOCK

BIGGER PICTURE

LET SCOTIABANK HELP YOU EXPAND YOUR BUSINESS

ISTOCKPHOTO/THINKSTOCK

Jeff Morris shared a dilemma with the thousands of Canadians who run small, successful businesses: How to expand safely.

Morris' company, Two Dogs Media, specializes in professional corporate videos. He started the company in 2005 with a relatively simple business model: Maintain a home office and rely on a network of freelancers — camera operators, editors and writers — to produce and deliver top-quality videos. The model reflected his skill set as a former actor with significant experience in sales. Two Dogs Media thrived and Morris soon began to dream of expanding to meet growing demand.

"Production costs today are a fraction of what they were five or 10 years ago," he says. "Yet, many larger and established firms continue to charge relatively high fees for fairly simple productions. I can compete successfully against these firms on price and quality. In many cases, though, I'd lose out because I didn't have a studio in downtown Toronto."

Toronto's downtown core is home to hundreds of corporations. Many of their video productions feature corporate executives in on-camera roles. To minimize travel time, executives often prefer to record in downtown studios, often on short notice. This put Morris at a decided disadvantage.

Expansion was the only realistic solution; to do that, however, Morris needed access to capital. He developed a business plan and shared it with a few bankers, with little success. Everything changed for the better once Morris started working with Scotiabank.

"They understood my business model and recognized the opportunity in the market right away," says Morris. "They helped me refine my business plan, reviewed my insurance policies, and provided me with a healthy line of credit to support expansion."

In January, Two Dogs Media opened a small, fully equipped studio on University Avenue in the heart of downtown. Morris now has two full-time employees and continues to hire freelancers on an as-needed basis. And business is booming.

"I meet regularly with Scotiabank staff," he says, "and I use my business plan like a road map to check how Two Dogs Media is doing and to set new targets and goals."

5 KEY EXPANSION QUESTIONS

1. Is the market large enough and accessible enough to support your growth?
2. Will the anticipated increase in sales offset the costs of additional staff, space, equipment, financing and overhead?
3. How will expansion affect your existing customers?
4. Can your current suppliers keep pace with your growth?
5. What impact will expansion have on your lifestyle, family life, and work-life balance?

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The boom in boomer business

A recent survey shows 54 per cent of boomers nearing retirement had either started a small business or were contemplating it. ISTOCK IMAGES

Alison on Money.
Giving 'retirement' a whole new meaning

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss. Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

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An English teacher at Douglas College asks his third-year Modernism course to create a Facebook page for a character from one of the novels they are studying. ISTOCKPHOTO/THINKSTOCK

Facebook boosts creativity: Teacher

DANIEL HENDRIKSEN
For Metro

An English teacher at Douglas College believes the social media site Facebook encourages creativity — so much so that he incorporates the website into his curriculum.

Each year, David Wright asks the students in his third-year Modernism course to create a Facebook page for a character from one of the novels they are studying in class.

According to Wright, it gives students a chance to fully immerse themselves in the creation of a persona, just like people do when they create their own Facebook page.

"They have to think: What would this character's interests be? How would this person update their status, what would they say, and what would that mean?" Wright said in press release. "That brings out a lot of the contextual info you need to understand character."

Although he isn't about to replace the standard essay with the Facebook assignment, Wright believes it to be a valuable tool. He offers it as a bonus assignment or an exercise worth just a small percentage of the course grade.

Simon Fraser gets new director for art galleries

There is a new director at Simon Fraser University's (SFU) art galleries. The school recently announced that Melanie O'Brian would be taking over for outgoing director Bill Jeffries.

O'Brian has a master's degree in art history from the University of Chicago, and was most recently curator and head of programs at The Power Plant Contemporary Art Gallery in Toronto.

In a media release, O'Brian said she plans to make the SFU galleries an important piece of the local art scene.

"I'm excited because I care deeply about the Vancouver art community and its position within the Canadian and international art scenes, and I think SFU can be a much bigger part of all that than it is now," she said.

O'Brian isn't the only one excited, and that was made clear by Philip Steenkamp, SFU VP of external relations.

"Melanie's new role will be key to the promotion and implementation of a long-term vision for the galleries at SFU, and I am confident that her expertise and experience will add significantly to this endeavour," Steenkamp said.

In the past, O'Brian served as director/curator at Artspeak in Vancouver and as assistant curator at the Vancouver Art Gallery.

Kwantlen chancellor Arvinder Bubber and president and vice-chancellor Dr. Alan Davis present Brooke Knowlton with the 2012 President's Outstanding Graduate Award. CONTRIBUTED

Kwantlen honours grads

Kwantlen Polytechnic University honoured its graduating students at its fall convocation ceremonies earlier this month.

"Once again our graduates remind us at Kwantlen Polytechnic University why our work is so rewarding," Kwantlen president, Dr. Alan Davis said in a media release. "They are poised, optimistic and ready for their next challenge at work, in their community or in further education."

Two of the graduating students received the 2012 President's Outstanding Graduate Awards. Brooke Knowlton from the Surrey campus, who completed her bachelor of arts in psychology, and Molly Liang from the Richmond campus, who obtained her diploma in accounting, were this year's recipients.

The President's Outstanding Graduate Awards are presented annually to students who have completed all their study in one program at Kwantlen, have consistently shown outstanding ability in the field, have contributed in a significant way to Kwantlen or community affairs, and are recommended by faculty.

DANIEL HENDRIKSEN

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Langara College students C.A.R.E.

Experience. Group travelled to various countries helping with numerous humanitarian projects

DANIEL HENDRIKSEN
For Metro

Six Langara College students are back in Vancouver after spending their summers abroad taking part in humanitarian projects. The group consisting of Jade Arignon, Jeremiah Humphrey, Christina Theocharis, Kathleen Higgins, Kathleen Paker and Leilani Reum travelled to various countries as part of the C.A.R.E Langara Global Travel Award Volunteer Program.

For their efforts the six students each received the C.A.R.E award, but according to Arignon, who worked in an orphanage in a small Nepalese village for a month, the experience was a reward in itself.

"I created some incredible relationships with the children and family that I stayed with in Nepal — I am still in contact with them," Arignon said in a press release. "I was taken completely out of my comfort zone on this trip and am now confident that I can make it through almost anything."

As part of the program, the students were responsible for organizing their own volunteer work for a minimum of three weeks in their respective humanitarian projects.

The C.A.R.E program is designed for students who wish to engage in international service learning and humanitarian assistance projects around the world. To learn more, visit langara.bc.ca/student-services/volt/volt-global/care.html.

Langara College student Jeremiah Humphrey spent the summer in Kenya taking part in humanitarian projects. CONTRIBUTED

UBC introduces $100K reward to fight global corruption

The Faculty of Law at the University of British Columbia (UBC) has introduced a $100,000 reward for the fight against corruption and the protection of human rights.

The biennial Allard Prize for International Integrity is the largest of its kind and will be awarded to an individual, movement or organization that exemplifies exceptional courage and leadership in combating corruption, especially through promoting transparency, accountability and the rule of law.

The Allard Prize for International Integrity was generated thanks to Peter A. Allard, a UBC alumnus, who donated $11.86 million to UBC's Faculty of Law in 2011.

"I endowed this prize to recognize and support the fight against corruption, and the need to protect basic human rights through transparency, accountability and an equitable and responsive legal system," Allard said in a media statement. "Law schools play a crucial role in shaping future lawyers' ethical standards and this prize will help to further the Faculty of Law's leadership as a global centre for integrity and legal ethics."

Nominations for the first edition of the prize are now open at allardprize.org. The deadline for nominations is Jan. 11, 2013. The inaugural prize is to be awarded in September 2013.

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SFU. Student earns degree 28 years later

DANIEL HENDRIKSEN
For Metro

Sandi Haynes received her bachelor's degree with distinction in criminology from Simon Fraser University (SFU) at the school's convocation earlier this month. However, for Haynes, obtaining her degree wasn't the usual four-year process like in most cases; for her it took 28 years.

Haynes started her degree through distance education almost three decades ago and recently completed it the same way. In fact, none of her schooling came in a classroom setting the whole way through.

"I took my first post-secondary course when I was on maternity leave with my oldest daughter, who turns 30 in January," Haynes said in a press release.

Things went fairly smoothly when she first started out, but Haynes faced some adversity over the years. Suffering from chronic fatigue syndrome and fibromyalgia, she lives through agonizing pain every day, but even with her illness Haynes, a member of the Gitxsan First Nation, was determined to finish.

She took one course every semester until she was finally done. Haynes is now hoping to be an inspiration to those struggling to obtain a degree despite very difficult circumstances.

"If you have it in you to dream, you have it in you to succeed," she said.

Langara students win transfer scholarships

Nine students from Langara College were recently awarded Irving K. Barber Transfer Scholarships.

Each of the following undergraduate students received a $5,000 scholarship thanks to their strong academic standing and the fact they have demonstrated volunteer service within their school or community.

- Elizabeth Steves, from White Rock — arts
- Hashaun Singh, from Surrey — sciences
- Minnie Teng, from Vancouver — sciences
- Karyn Kraemer, from Vancouver — arts and sciences
- Jeremiah Humphrey, from Vancouver — arts and sciences
- Sadaf Gavahi Kashani, from Vancouver — sciences
- Kai Kui Chen, from Vancouver — sciences
- Alana Adamson, from Vancouver — arts and sciences
- Philip Abernathy, from Vancouver — arts and sciences

Shirley Kamerling-Roberts, Langara's manager of financial aid services and student assistance programs, spoke about the scholarships in a media release.

"Thanks to the Irving K. Barber Transfer Awards, our students who transfer to university can pursue their educational goals with less financial strain," Kamerling-Roberts said. "Current Langara students who plan to attend university for fall 2013 studies should visit the Langara financial aid department this coming February to apply for these generous transfer awards."

Students who have completed two years of post-secondary education in B.C. and are transferring to another institution within the province to complete their degrees are eligible for the scholarships.

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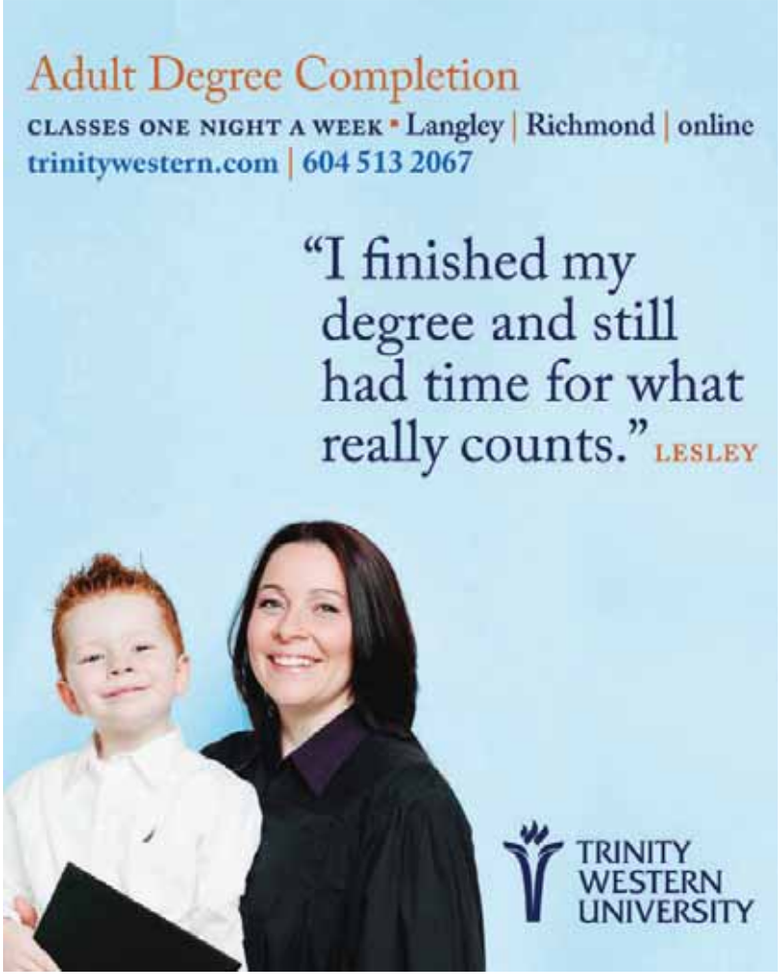
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Kwantlen students raise $8,500

DANIEL HENDRIKSEN
For Metro

Kwantlen students present Dan Sawatzki (Under the Same Sun) and Peter Ash (co-founder of UTSS) with a $2,000 cheque. CONTRIBUTED

A group of Kwantlen Polytechnic University students took what it learned in a social justice class to heart — so much so that the students went out and raised $8,500 for various local and international charities.

The students dispersed the money raised to three separate causes: $3,000 for BC Children's hospital; $3,500 for the Ghanaian Canadian Association of BC; and $2,000 for Under the Same Sun (UTSS).

Some of the funds raised will be used for scholarships and school supplies such as backpacks, exercise books, pens, pencils and math sets for underprivileged students in rural areas of Ghana. The Kwantlen students also made solar-powered lanterns that were donated to the Ghanaian students.

"It is my hope that this project will ignite students to realize their place in the global scheme of things and become sensitized to appraise what role they can play in making our global village a little better than it is today," Kwantlen instructor Charles Quist-Adade said in a press release.

The fundraising initiative was made possible by the Africa Education through Technology (Afretech), the Canada-Africa Foundation for Rural Education (Canafre), the Kwantlen Students Association, the Athletics Department of Kwantlen, and the Ghanaian-Canadian Association of BC.

BCIT Architectural Science student wins award

An architectural science student at the British Columbia Institute of Technology (BCIT) recently received the Andy Kesteloo Memorial Student Project Award from the Canada Green Building Council (CaGBC).

Simon VanGrootheest, a second-year student at BCIT, won the award for his concept The Urban Greenhouse.

The year-long project is designed around an urban agricultural facility that can produce food sustainably on a neighbourhood scale.

VanGrootheest conducted his work using Vancouver's Mt. Pleasant neighbourhood. To complete the project, he built a design that considered structural systems, construction sequencing, mechanical systems, energy management and materiality with the help of practising consultants.

The award is in memory of Andy Kesteloo, a visionary green building advocate. It recognizes a student project that demonstrates leadership, innovation, inspiration and a creative vision for the future of sustainable design in the field of green building and communities.

For his efforts, VanGrootheest received a $2,000 cash award and free registration to the 2013 CaGBC's National Conference in Vancouver.

For more information about BCIT, visit bcit.ca.

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SFU Surrey marks 10 years

DANIEL HENDRIKSEN
For Metro

Oct. 10 was a special day for Simon Fraser University (SFU). The post-secondary institution held a gala that night to celebrate the 10-year anniversary of its Surrey campus.

Since its initial intake of just a few hundred students, the Surrey campus has grown to see more than 6,500 studying in more than 30 undergraduate and graduate degree programs, and several community partnerships. There's no stopping there, though; according to executive director Joanne Curry, SFU Surrey plans on becoming even more successful in the years to come.

"The future for SFU Surrey is very bright, given the breadth of its programs, the strong community relationships that have developed over the years and the growing population of Surrey and other South Fraser cities," Curry said in a media release.

The gala also served as a fundraiser for the Surrey campus' Close to Home campaign. The fund is designed to attract well qualified local students to SFU Surrey in order to further develop the institution's relationships with B.C. high schools. The initiative was established in 2007 thanks to a $1-million donation from developer Dale Regehr.

VCC's Olympic culinary team wins silver

Junior Culinary Team Canada is back in Vancouver with a pair of silver medals in tow after competing at the 2012 IKA Culinary Olympics in Erfurt, Germany, Oct. 5-10.

The team, which is made up of Vancouver Community College (VCC) student chefs and their chef instructors, went up against 28 of the best culinary teams from all over the world and won silver medals in both the cold plate and hot plate categories.

JC Felicella, team manager and department head for VCC's culinary arts programs, said in a press release that the event was something the team will never forget.

"It was the experience of a lifetime for all of us," Felicella said. "Even though our goal was to win gold, the three-year journey to the Olympics was the ultimate reward. The strong bond that we have for one another now and for the rest of our lives has really made this experience complete."

The team's journey to Culinary Olympics included competing in numerous competitions, preparing a meal for Prince William and Kate during their trip to Canada, plenty of fundraising, lots of hard work and some generous donations.

Douglas grad creates alternative for car thieves

A graduate of Douglas College's child and youth care program has created an initiative that gives teenage car thieves a constructive alternative to stealing cars.

In 2005, Alex Vasiljević, a community youth worker at Ray-Cam Co-operative, came up with the idea for NASKARZ — Never Again Steal Cars — a program through Ray-Cam that connects youth from Vancouver's Downtown Eastside with police officers, auto instructors from Vancouver Community College, and volunteers to rebuild and restore cars.

The program has been a great success with more than 200 youths taking part in the past five years. Rather than being tempted by mischief, the youths have been working to help restore the latest NASKARZ project, a 1935 Ford, originally a rusted shell collected from a farmer's field in Saskatchewan.

"Sometimes it's hard to see progress," Vasiljević said in a press release. "But walking into an auto shop and seeing the sparks fly as the kids weld and cut is instant bliss for me. I can actually see human potential being realized."

For more information, go to nascarzprogram.com.

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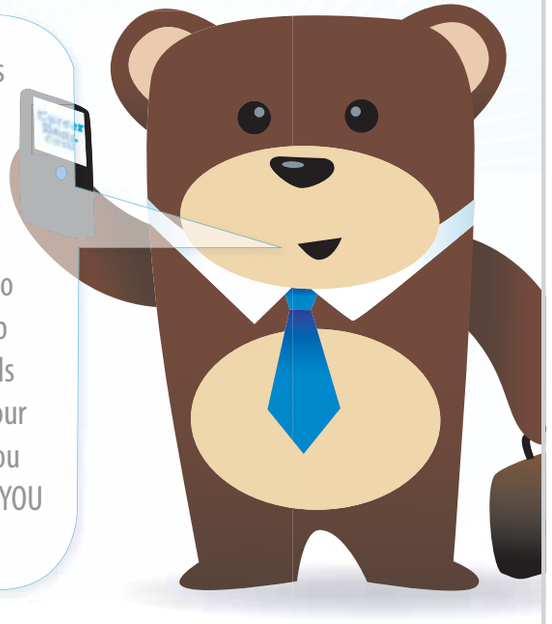

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As baby boomers in B.C. continue to retire at an unprecedented rate, qualified individuals are needed to fill their shoes in a number of fields across the health-care industry. One of those fields is licensed practical nursing, and Sprott Shaw College is doing its part to train students to fill that void.

In fact, Sprott Shaw recently extended its practical nursing program to a year and a half from one year to comply with government mandated curriculum improvements to ensure it can provide its students with the education and hands-on training necessary to provide the appropriate care for future patients.

Sam Almadidy, Sprott Shaw's regional director of admissions, says students are placed in practicums to learn under the supervision of doctors and registered nurses in a hands-on setting.

"You don't have to stop your life to change its direction. We offer career focused practical nurse training, designed to fit your lifestyle," Almadidy says. "Our career advisers will work with you every step of the way to tackle any career related challenges — we offer assistance all the way."

The practical nursing program is available at all five Sprott Shaw locations in the Lower Mainland, and has an impressive hire rate for grads, with more than 75 per cent finding employment upon graduation.

You can learn more about Sprott Shaw through Career Bear, a Canadian website designed to assist people looking for a career but are unsure where to start. Simply click to careerbear.com/nurse/program/practical-nursing-30 for more information.

To speak with one of Sprott Shaw's advisers, call 310-HIRE or visit sprottshaw.com.

Langara president Dr. David Ross with alumni Carmen Aguirre, Sam Sullivan, and Joseph Montague. CONTRIBUTED

Langara. College honours alumni

DANIEL HENDRIKSEN
For Metro

An actress and author, a philanthropist and former Vancouver mayor, and a public artist were the recipients of the Langara College 2012 Outstanding Alumni Awards.

Carmen Aguirre is a director, writer, actor, and teacher. She has written more than 20 plays and has 60 acting credits. Aguirre also received a 2012 Canada Reads Award for her memoir Something Fierce.

Joseph Montague's art work has been displayed at various exhibits around the world. He is the creator of The Fountain of Time, located at Library Square in downtown Vancouver. Montague also teaches ceramics, drawing, painting, and printmaking.

Last, but not least, Sam Sullivan is a recipient of Canada's highest honour — the Order of Canada. He is also a former mayor of Vancouver, and founder of six non-profit organizations.

"It is my sincere pleasure and honour to present Ms. Carmen Aguirre, Mr. Joseph Montague, and Mr. Sam Sullivan as our Outstanding Alumni Award recipients for 2012," Langara president Dr. David Ross said at a ceremony honouring the trio. "Langara is proud to convey deserved recognition to alumni who are truly outstanding. This year's recipients are influential leaders who have made a positive impact in our community and the communities they serve."

SFU mechatronic program graduates first women

The mechatronic systems engineering (MSE) program at Simon Fraser University (SFU) recently had its first pair of female graduates.

Cecilien Luo and Parisa Khorsand are among 25 students graduating from the program this fall, and although they are the only female MSE students to do so thus far, there are 41 more women following in their footsteps.

MSE has become one of SFU's most popular programs as it address a growing demand in the high-tech world by incorporating mechanical, electrical and software engineering.

Khorsand, whose father is an architect, spoke in a press release about what made her choose the MSE program.

"I knew I would want to pursue engineering, particularly the electrical and mechanical aspects, it's a field that has always made sense to me," she said. "Engineering is a good field for women and in other countries there are a lot of female engineers."

Luo came to SFU from China and originally wanted to pursue business studies before gravitating to MSE. Her father is an engineer and she says that profession is actually quite popular amongst women in China.

As for their futures, Khorsand plans on continuing her studies, while Luo is working for Netricom, a design contractor for Telus.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

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Monday, Oct. 22, 11 a.m. – room 236	Downtown
Transportation trades	
Tuesday, Oct. 16, 11 a.m. – lobby, building B	Broadway
Tuesday, Oct. 23, 11 a.m. – lobby, building B	Broadway
Teaching English to speaker of other languages (TESOL)	
Tuesday, Oct. 16, noon – room 518	Downtown
Tuesday, Oct. 23, noon – room 518	Downtown
English language preparation for health sciences	
Tuesday, Oct. 16, 6 p.m. – room 1214, building B	Broadway
Music	
Wednesday, Oct. 17, 4 p.m. – room 4001	Broadway
Hair	
Wednesday, Oct. 17, 4:30 p.m. – room 201	Downtown
Skin and body therapy (esthetics)	
Wednesday, Oct. 17, 4:30 p.m. – room 201	Downtown
Certified dental assisting	
Wednesday, Oct. 17, 5:30 p.m. – room 501	Downtown
Dental reception	
Wednesday, Oct. 17, 5:30 p.m. – room 501	Downtown
Hospitality management diploma	
Wednesday, Oct. 17, 6:30 p.m. – room 420	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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Vancouver Community College

SPORTS 4

No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward officials after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward officials.

Canada's women's soccer captain received a four-game suspension from FIFA last Friday for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs ($3,152), plus 500 Swiss francs ($525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that, that was so important, the ref decided the result before it started."

THE CANADIAN PRESS

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

Cuba vs. Canada

FIFA head responds to defections

FIFA president Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS

Broncos turn over new leaf vs. Rivers in San Diego

Chargers centre Nick Hardwick, top left, eyes the football while atop Denver's Robert Ayers along with Broncos outside linebacker Wesley Woodyard after a fumble on Monday in San Diego. The Broncos forced San Diego quarterback Philip Rivers to four turnovers on their way to a 35-24 comeback win. The Broncos trailed 24-0 at half-time. LENNY IGNELZI /THE ASSOCIATED PRESS

NHL. CBA talks to return to 'main issues' Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning where the sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature the Big Four involved in talks — commissioner Gary Bettman and Daly for the NHL, and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

Neither side has formally tabled an offer since Sept. 12, when they each put one on the table. Both of those expired when the lockout started.

THE CANADIAN PRESS

Spinning wheels

The sides have maintained a frequent dialogue since the lockout was enacted on Sept. 15, but haven't reported much progress.

- Meetings have largely centred on secondary issues such as drug testing and grievance procedures, and the league has been pushing for the NHLPA to deliver a new proposal on the system for dividing up revenues.

CFL

Argonauts give Williams his walking papers

T.J. Williams paid a hefty price for missing a tackle.

The Toronto Argonauts released the rookie defensive back Monday after Williams missed a tackle on Montreal receiver Jamel Richardson in the Alouettes' 24-12 victory at Rogers Centre on Sunday.

Richardson scored on a 75-yard touchdown pass from Anthony Calvillo late in the third quarter. Williams had a shot at Richardson at about the Toronto 10-yard line, and instead of making the tackle he appeared to try to knock Richardson out of bounds.

But he ended up barely touching the Montreal receiver, who scored easily.

THE CANADIAN PRESS

NLCS. Giants topple Cards to get first home win of playoffs

Marco Scutaro answered Matt Holliday's hard takeout with a big hit of his own to help the San Francisco Giants end their home slide.

Scutaro hit a two-run single in San Francisco's four-run fourth inning before leaving with a hip injury, and the Giants got their first home win this post-season, 7-1 over the St. Louis Cardinals on Monday night, tying the NL championship series at one game apiece.

"It shows you how tough he is," Giants manager Bruce Bochy said. "It's a shame somebody got hurt. It was more of a roll block. We're hoping he comes out of this OK. He got hit pretty good."

Scutaro left after the fifth because of his damaged left hip. X-rays were negative, and he'll likely get an MRI on Tuesday. There was no word on his future status.

"You're trying to get to the second baseman and obviously try to knock him down so he can't turn a double play," Holliday said. "As long as you're in the baseline, it's within the rules."

The series now shifts to St. Louis for three games, starting with Game 3 on Wednesday when San Francisco ace Matt Cain takes on Kyle Lohse of the Cardinals.

THE ASSOCIATED PRESS

Game 2

Giants	Cardinals
7	1

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Horoscopes

Aries
March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

Taurus
April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

Gemini
May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

Cancer
June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

Leo
July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

Virgo
Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

Libra
Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

Scorpio
Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

Sagittarius
Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

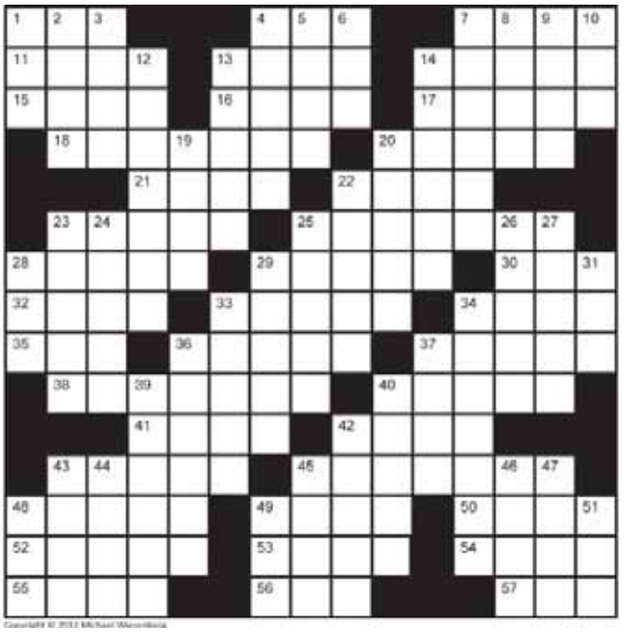
Capricorn
Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

Aquarius
Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

Pisces
Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. SALLY BROMPTON

Canadian Singers Cross Each Other

BY MICHAEL WIESENBERG



Across
1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ___
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ___ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ___, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ___ et Chandon champagne
50. Violently frenzied
52. Affirms positively
53. Pea containers
54. Central area of a church
55. Afternoon affairs
56. Pig pen
57. Sunbeam

Down
1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ___: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airer
29. Mariah ___: 1990 Best New Artist Grammy winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or *House* actor Epps
47. ___ Scotia
48. Dracula creature
49. Parliamentarians, for short
51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					2	4		
			3	6		8		
4	5	2				6		
9			1		5		6	
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
		4	2					

Yesterday's Sudoku

5	1	2	9	6	8	3	7	4
8	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	6	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	6	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

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Wednesday 12°/8° Variable
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